

SIGN UP FOR TRIP TO TOWER HILL GARDENS

On Thursday, September 1st we'll be traveling by motorcoach out to Boylston, MA for a visit to Tower Hill Botanical Gardens. Join us as we depart from the rear parking lot of St. Mary's Church on Carpenter Street at 9:00 a.m. Enjoy the scenery as we travel to the Old Mill Restaurant in Westminster, MA where you'll enjoy a delicious, full course luncheon. Your choice of luncheon entrée includes: Yankee Pot Roast with Jardiniere Gravy; Baked Stuffed Chicken with Walnuts and Cranberries and Apple Cinnamon Glaze, or; Baked Stuffed Filet of Sole Almondine. After lunch, you'll travel to the beautiful Tower Hill Botanical Gardens in Boylston, MA. Here you will have the chance to stroll around the gardens and grounds to explore nature. You can also walk the woodland trails and watch the interaction of plants and animals in the Wildlife Garden's Birdhouse viewing station. Browse "The Shop at Tower Hill" for unique gifts, plants and books. The cost for this trip is \$81 per person and includes all gratuities. Payment will be due by Friday, August 19th. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up beginning at 8:00 a.m. on Wednesday, July 27th.

Monday, July 25

Coffee Connection 8:30 a.m. to 3:30 p.m.
Jay Barrows Office Hour 9:00 a.m.
Chair Yoga 9:30 a.m.
Tai Chi 10:30 a.m.
Scrabble 12:30 p.m.
Knitting 1:00 p.m.
Shaws 1:00 p.m.

Tuesday, July 26

Coffee Connection 8:30 a.m. to 3:30 p.m.
Stretch & Balance 8:30 a.m.
Coffee with Chris 9:00 a.m.
Zumba Gold Class 9:45 a.m.
Nutrition 11:00 a.m.
Movie Day – "The Intern" 12:30 p.m.
Talespinners 2:00 p.m.

Wednesday, July 27

Sign-up for Trip to Tower Hill Gardens 8:00 a.m.
Coffee Connection 8:30 a.m. to 6:00 p.m.
Strength Training 8:30 a.m.
Coffee with the Town Manager 12:30 p.m.
Job Lot / Dollar Store 1:00 p.m.
Colorist Club 2:00 p.m.
Senior Supper Club 4:30 p.m.

Thursday, July 28

Coffee Connection 8:30 a.m. to 3:30 p.m.
Summer Art Class with Barbara 9:30 a.m.
Men's Cookout – 12:00 noon

Friday, July 22

Coffee Connection 8:30 a.m. to 12:00 noon
Stop and Shop 8:30 a.m.
Aerobics 9:00 a.m.
Cribbage 10:15 a.m.

OPERATION REASSURANCE

The Operation Reassurance Program at the senior center is a free service for Foxborough residents. Participants check in via telephone each weekday, Monday through Friday, to ensure that they are O.K. This program is wonderful for people who live alone, those confined to their home due to illness, or anyone who wants the comfort of knowing someone will check on them once a day. This service can also be used on a temporary basis for a period of time when you may find yourself benefitting from a daily check-in or for reassurance. The Norfolk County Sheriff's Office also provides a telephone check program which is available 7 days a week. Call the senior center at 508-543-1252 for more information.

SIGN UP FOR OUR TRIP TO THE NORMAN ROCKWELL MUSEUM/RED LION INN

Join us as we travel by motorcoach to Stockbridge, Massachusetts on Thursday, August 11th for a visit to the Norman Rockwell Museum and lunch at the Red Lion Inn. We'll be leaving Foxborough at 8:00 a.m. from the rear parking lot of St. Mary's Church. Enjoy the beautiful scenery of Western Massachusetts as we head off to discover that the quaint village of Stockbridge maintains itself much like that depicted in Rockwell's famous painting "Main Street Stockbridge." Authentic shops and historic sights help bring his famous painting to life. We'll enjoy lunch at the famous Red Lion Inn where a delicious full course luncheon with an entrée choice of either Yankee Pot Roast or Broiled Salmon is included. After lunch, we'll be visiting the Norman Rockwell Museum where we'll have the opportunity to experience Rockwell's famous paintings of 20th century America as portrayed on the front pages of the Saturday Evening Post. Rockwell painted over 4,000 pictures during his lifetime, and you will also be able to visit his studio while at the museum. We will be returning to Foxborough at approximately 6:00 p.m. The cost for this trip is \$91 per person and includes all gratuities. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up. Payment will be due by Friday, July 29th.

TRIP TO NEWPORT, RHODE ISLAND

The Foxborough Council on Aging and Human Services and the Friends of Foxborough Seniors are pleased to be sponsoring 2 one-day trips to Newport, Rhode Island this summer. These bus trips are being offered free of charge to Foxborough's senior citizens on Thursday, August 4th and on Thursday, September 22nd. We will be traveling by motorcoach and leaving from the rear parking lot of St. Mary's Church on Carpenter Street at 9:30 a.m. When we arrive in Newport, our guide will take us on a 1-hour bus tour of the city. You will then be dropped off in the center of Newport where you can explore the local shops and stop for lunch in one of Newport's many eateries. We will board the bus for home at the same location as our original drop-off site, and we will be leaving Newport by 2:00 p.m. The only cost for you is for the gratuities! If you are interested in traveling with us on August 4th, please call the senior center at 508-543-1252 to sign up. (This trip is for Foxborough seniors only.)

FARMERS' MARKET COUPONS

A limited number of Farmers' Market Coupons will be available for Foxborough seniors citizens beginning on Monday, July 25th at the senior center. Each participant will receive \$25 worth of coupons to spend at local farmers' markets. **In order to qualify to receive these coupons, you must be at least 60 years of age and have an income level below \$21,590 for an individual and \$29,101 for a couple.** Due to the limited number of coupon books that will be available, you must meet the eligibility requirements, you must be a Foxboro senior and you must come in person to the senior center to sign for and receive the coupon booklet. The coupons will be awarded on a first-come, first-serve basis. At the time that the coupons are picked up, a form must be signed indicating that you meet the eligibility requirements.

HISTORY LECTURE WITH PAOLO DIGREGORIO

"Artifactual Scholar" Paolo DiGregorio will be at the senior center at 5:00 p.m. on Wednesday, August 3rd for the 1st of 3 lectures in his "Travel Adventure Series." Come learn about some famous and some not so famous travelers, and hear about their adventures. Our thanks to the Friends of Foxborough Seniors for sponsoring this program. Paolo will present the remaining 2 lectures in the series on Thursday, August 18th at 1:00 and on Wednesday, August 31 at 5:00 p.m. Please call the senior center at 508-543-1252 to sign up and reserve your

seat.

SUMMER ART CLASSES WITH BARBARA GAGE-MULFORD

“Summer Art” is a fun, stress-free series of art workshops at the senior center with instructor Barbara Gage-Mulford. These workshops will be held at 9:30 a.m. on the following Thursdays: July 28 and August 4, 11, 18 & 25. Students may work on drawing and painting skills from their choice of a provided still-life or from a photo using their choice of charcoal, pastels, watercolor or acrylic. All materials will be provided by the instructor. You may bring your own materials if you prefer. In the class, you will review drawing skills, use of different media and colors, and you will even learn how to frame different picture types (though frames are not provided). These workshops are being offered free of charge. Class size is limited, so please call the senior center at 508-543-1252 to sign up in advance.

COFFEE WITH CHRIS

Do you have any questions about our upcoming day trips and overnight trips for 2016, or are you interested in finding out about some of our upcoming programs? Chris Shewry will have a coffee hour on the last Tuesday of each month at 9:00 a.m. to share trip information and flyers in the Coffee Connection at the senior center. The next Coffee with Chris will be held on Tuesday, July 26th. This is your chance to find out about some of our upcoming programs and trips and share some ideas. So come join Chris for a cup of coffee and talk about what’s up for 2016.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some “Coffee and Conversation” with our Town Manager Bill Keegan on Wednesday, July 27th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you’ll be coming.

MEN’S COOKOUT

Our next Men’s Cookout will be held on Thursday, July 28th at noon. Following lunch, our guest speaker will be Dan Demars of the YMCA. Dan will speak on the YMCA programs that are offered for seniors, including Livestrong and support groups. The cost for lunch is \$3 and if you would like to attend, please call the senior center at 508-543-1252 by Friday, July 22nd. As always, everyone is welcome to join us for the speaking portion of the program at no cost after lunch has been served.

MOVIE DAY

Movie Day for the month of July is scheduled for Tuesday, July 26th at 12:30 p.m. and our featured film will be “The Intern.” Ben Whittaker (Robert DeNiro) is a 70-year old widower who has discovered that retirement isn’t all it’s cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site founded and run by Jules Ostin (Anne Hathaway). Jules cannot cope with a business that has grown from one person, herself, to over 250 employees in less than 2 years. Ben is the calm voice of experience who nicely balances the fire of the determined, but untrained young boss. Join us at the senior center to watch this film and we’ll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if you’d like to sign up.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, July 27th we’ll be enjoying our menu of Chicken Teriyaki, Pineapple Rice, Oriental Vegetables, Cake and Ice Cream. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 by Monday, July 25 to make your reservation and to arrange for transportation, if needed.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on July 25th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MEDICAL INFORMATION AND SERVICES

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Wednesday, August 3rd from 9:00 a.m. to 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There is no need to fast before the cholesterol test. Please call the senior center at 508-543-1252 to schedule an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for August 2nd & 18th. In addition to the SHINE program, Community Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up and appointment.

REGULARLY SCHEDULED

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, August 2nd from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is hosted by the Friends of Foxboro Seniors.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on a Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

July 27 – Job Lot / Dollar Store

August 3 – Target

EXERCISE CLASSES

Summer is here! It's time to join us at the senior center for some or all of our weekly exercise programs. We have Chair Yoga classes that meet every Monday morning at 9:30 a.m., followed by Tai Chi classes at 10:30 a.m. Every Tuesday morning at 8:30 a.m. we hold Stretch and Balance classes, followed by some Latin dancing in our Zumba Gold class at 9:45 a.m. Strength Training classes are scheduled for Wednesday mornings at 8:30 a.m. and Aerobics classes are held every Friday morning at 9:00 a.m. There is a \$2 charge for each class. No more excuses! Come and get moving with us.

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. There is a \$2 charge for each class. Take advantage of this

great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754.

The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, July 25

BBQ Chicken 497
Whipped Potato 62
Country Blend Vegetables 33
Corn Bread 280
Peaches 5
Sodium 878
Calories 588

Tuesday, July 26

Swedish Meatballs 221
Noodles 35
Cabbage & Carrots 47
Oatmeal Bread 121
Cantaloupe 12
Sodium 537
Calories 504

Wednesday, July 27

Roast Pork 121
With Gravy 71
Potato Pierogies 420
Roman Vegetables 26
Whole Wheat Bread 160
Birthday Cake 209
Sodium 1007
Calories 767

Thursday, July 28

Beef & Cabbage Casserole 300
Roman Vegetables 26
Multigrain Bread 190
Pears 4
Sodium 521
Calories 403

Friday, July 29

White Bean & Chicken Chili 121
Fluffy Rice 36
Carrots 77
Dinner roll 160

Mandarin Orange 6

Sodium 400

Calories 364